



## Pumpkin Cream Puffs

 Vegetarian

READY IN



60 min.

SERVINGS



15

CALORIES



219 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.5 cup butter
- ☐ 15 ounce pumpkin puree canned
- ☐ 4 eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 cups heavy cream
- ☐ 1 pinch salt
- ☐ 1 cup water

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ hand mixer
- ☐ spatula
- ☐ serrated knife

## Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Place the butter, water, and salt in a heavy saucepan, and bring to a full rolling boil. Stir in the flour and beat vigorously until the mixture forms a ball.
- ☐ Place the dough ball in a mixing bowl, and beat in the eggs, one at a time, adding the next egg when the last one has been fully incorporated.
- ☐ Drop dough by tablespoons onto an ungreased baking sheet, and bake until the puffs rise and are golden brown on top, with fully-cooked insides, 20 to 25 minutes.
- ☐ Let cool before filling.
- ☐ Cut the cream puffs horizontally with a serrated knife.
- ☐ To make filling, place the cream in the work bowl of an electric mixer, and whip until beginning to thicken, about 1 minute. Gradually add the confectioners' sugar and pumpkin pie spice until well-mixed, and continue mixing until the cream forms soft peaks, about 3 minutes.
- ☐ Use a rubber spatula or wire whisk to fold 1/3 of the pumpkin puree into the whipped cream. Gently run the spatula through the center of the bowl, then around the sides of the bowl, repeating until fully incorporated.
- ☐ Add the remaining pumpkin puree, folding just until incorporated.
- ☐ Spoon about 2 tablespoons of the pumpkin cream filling into each puff, and dust the top of each puff with confectioners' sugar and a pinch of pumpkin pie spice for garnish. Refrigerate leftovers.

## Nutrition Facts



 **PROTEIN 6.49%**  **FAT 76.2%**  **CARBS 17.31%**

## Properties

Glycemic Index:8.33, Glycemic Load:4.6, Inflammation Score:-10, Nutrition Score:8.7221739032994%

## Nutrients (% of daily need)

Calories: 218.9kcal (10.94%), Fat: 18.87g (29.03%), Saturated Fat: 11.61g (72.56%), Carbohydrates: 9.64g (3.21%), Net Carbohydrates: 8.6g (3.13%), Sugar: 1.93g (2.15%), Cholesterol: 95.78mg (31.92%), Sodium: 78.84mg (3.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.23%), Vitamin A: 5130.97IU (102.62%), Selenium: 7.57µg (10.81%), Vitamin B2: 0.17mg (10.14%), Folate: 25.66µg (6.42%), Phosphorus: 62.38mg (6.24%), Vitamin E: 0.9mg (5.97%), Vitamin K: 6.14µg (5.85%), Iron: 1.02mg (5.66%), Vitamin B1: 0.08mg (5.58%), Manganese: 0.1mg (5.13%), Vitamin D: 0.74µg (4.95%), Vitamin B5: 0.42mg (4.19%), Fiber: 1.05g (4.19%), Calcium: 38.43mg (3.84%), Potassium: 115.47mg (3.3%), Vitamin B3: 0.63mg (3.14%), Magnesium: 12.29mg (3.07%), Copper: 0.06mg (2.84%), Vitamin B12: 0.17µg (2.8%), Vitamin B6: 0.05mg (2.54%), Zinc: 0.34mg (2.28%), Vitamin C: 1.38mg (1.67%)